

Managing everyday stress and anxiety

Certain lifestyle changes can help alleviate symptoms of stress and anxiety. These techniques can be used along with medical treatments for anxiety. Techniques to reduce stress and anxiety include:

- Eating a balanced, healthy diet
- Limiting caffeine and alcohol consumption
- Getting enough sleep
- Getting regular exercise
- Meditating and prayer
- Scheduling time for hobbies
- Keeping a diary of your feelings
- Practicing deep breathing
- Recognizing the factors that trigger your stress
- Listening to music
- Laughter
- Sunshine and fresh air
- Talking to a friend

What doesn't work:

- Thinking about the stress and anxiety
- Increased alcohol and drug consumption
- Isolating
- Surrounding ourselves with negativity

Michael McGowan Michael07@aol.com